



GROWN-UPS NEED SHOTS, TOO.

**Ask your health care provider about
the shots you need...**

- Are you over 6 months old?**
- Are you over 65 years old?**
- Do you spend time with young children, babies or anyone in poor health?**
- Do you take one or more medicines regularly or have a long-lasting health condition?**
- Do you have a weakened immune system?**
- Do you work in a healthcare setting?**
- Will you be travelling outside of the United States in the next year?**

**If you answered “Yes” or aren’t sure for any of these questions you probably are due
for one or more vaccines.**

**Protect yourself and the people around you –
get the vaccines you need.**

FLU?

Everyone over 6 months need this yearly. Even if you still get the flu your chance of hospitalization or heart attack is 40% less.

PNEUMONIA (PNEUMOCOCCAL)?

People over 65 or with long-lasting conditions like diabetes need protection against pneumonia, one of the top causes of death.

You may need other shots like Hepatitis A or Hepatitis B. Consult with your Physician, Pharmacy or Health Department for more information.



TETANUS, DIPHTHERIA, & PERTUSSIS (a combined vaccine)?

This combo vaccine protects you and young children around you from pertussis (whooping cough). It also has the tetanus booster needed every ten years.

SHINGLES (HERPES ZOSTER)?

Shingles causes lasting and painful nerve damage. The new vaccine is for everyone over 50 and is only 2 doses.

References: CDC Immunization Guidelines
Immunizations & Heart Attacks

https://www.cdc.gov/vaccines/schedules/hcp/imz/adult.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fvaccines%2Fschedules%2Fhcp%2Fadult.html

<https://heart.bmj.com/content/102/24/1953>